

Daily Word



A UNITY PUBLICATION
FEBRUARY 1931

Class Thoughts

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ mind you are awakened and inspired to right action for the good of all mankind.

JAN. 20 to FEB. 19

ILLUMINATION (11 a. m.): All darkness is dissolved. I am one with the ever-renewing Christ light.

PROSPERITY (12 noon): All thoughts of lack are eliminated. Prosperity and success are established in mind and affairs.

HEALING (9 p. m.): Old thoughts and old conditions are as waters that have passed away. In Christ I am conscious of new life, new strength, and new health.

FEB. 20 to MAR. 19

ILLUMINATION (11 a. m.): The light of Spirit illumines my mind, and I am glorified in my understanding.

PROSPERITY (12 noon): I have unbounded faith in omnipresent spiritual substance, now increasing and multiplying as I speak the word of plenty.

HEALING (9 p. m.): The pure substance and life of Spirit are now cleansing and renewing my soul and body, and I am healed.

DAILY WORD is published monthly by **UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI**. Single copies at 15c each. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

Entered as second-class matter, at the post office at Lee's Summit, Missouri. Accepted for mailing at the special rate of postage provided for in sec. 1103; act of Oct. 3, 1917, authorized June 13, 1924.

Unity School publishes the following periodicals: **Unity**, **You**, **Weekly Unity**, **Good Business**, **Daily Word**, and **Unity Sunday-School Leaflet** at \$1 a year, and **Wee Wisdom** at \$2 a year.

DAILY WORD

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Vol. 54

FEBRUARY, 1951

No. 2

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DAILY LESSONS FOR FEBRUARY

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Inspiration for Today

R. H. GRENVILLE

SEVERAL YEARS AGO, at a time when my anxiety about financial matters was acute, I read Charles Fillmore's book *Prosperity* for the first time.

I have gone back to it many times since, and always I gain renewed inspiration and a deeper understanding of divine substance. But one thing about my first reading of the book stands out in my mind—the impact on my trouble-filled mind of Charles Fillmore's paraphrasing of the 23d Psalm.

I had been familiar with this psalm from childhood and had always considered it one of the most beautiful of sacred writings. But never before had it spoken so personally to me.

"The Lord is my banker; my credit is good.

He maketh me to lie down in the consciousness
of omnipresent abundance;

He giveth me the key to His strongbox.

He restoreth my faith in His riches;

He guideth me in the paths of prosperity for His
name's sake.

Yea, though I walk in the very shadow of death,
I shall fear no evil, for Thou art with me;
Thy silver and Thy gold, they secure me.

Thou preparest a way for me in the presence of
the collector;

Thou fillest my wallet with plenty; my measure
runneth over.

Surely goodness and plenty will follow me all
the days of my life,

And I shall do business in the name of the Lord
forever."

To some persons the thought of paraphrasing
or altering in any way the familiar Bible verses
seems like sacrilege. Indeed, there was a vague
uneasiness in my own mind when I first read the
23d Psalm as rendered above, but its reassurance
spoke so clearly to my anxious heart and went
so directly to the core of my problem that my
uneasiness vanished. I proceeded to memorize it.

Always before, the words of the 23d Psalm
had soothed and comforted me. They had filled
me with tranquillity and hope. But now their
effect on me was dynamic. I felt charged with new
life and energy. My spirit, which had sagged
under the burden of fear I had laid upon it, be-
came once more buoyant and free.

What was it about this particular rendering
of the familiar psalm that had such an effect on

me? It was its contemporary tone. The message of divine assurance out of the past applied vividly to the present.

This brought to mind the fact that, at the time they were written, all the books of the Bible were written in a language that, in our modern day, seems mellow and picturesque but was once the vivid expression of the everyday life of the people.

In the Bible there are many references to shepherds and sheep. The ancient Israelites were a nomadic people, moving from place to place with their flocks and herds. Most of them were, or had been, shepherds. David, the author of the 23d Psalm, had been a shepherd in his youth. So what more natural figure of speech could he have used than "The LORD *is* my shepherd"? In this phrase, which everyone of his day could understand, he pictured the love and steadfast care of an all-providing God.

Similarly, men living in hostile and uncertain times naturally thought of God's truth as "a shield and a buckler." Those who knew from experience the cruel hardships of desert life compared His Spirit in them to "streams of water in a dry place, as the shade of a great rock in a weary land."

Truth is contemporary because God is con-

temporary, and we should not hesitate to interpret the message of the Bible in contemporary terms.

To say "The LORD *is* my shepherd" is to utter a truth in poetic language. But to say "The Lord is my banker," "my doctor," "my teacher" is to utter as great a truth.

God is all things to all men. Whatever your need may be at this moment, God is its fulfillment.

The Bible was written in the past, but its truths live on in the present. The God of shepherds and tribesmen is the God of jet pilots and nuclear physicists, of housewives, and mechanics.

We live in the present. Let us not leave God in the past.

Prayer for Protection

Prayer is a protecting power. It unifies you instantly with God, whose love is a protecting mantle over you.

PRAYER FOR PROTECTION

The light of God surrounds me;

The love of God infolds me;

The power of God protects me;

The presence of God watches over me;

Wherever I am, God is!

Rejoice with Them that Rejoice

Dear Unity:

I have been reading DAILY WORD faithfully for nearly a year now. It has become a part of my everyday living.

A year ago this month I came down with what the doctors diagnosed as multiple sclerosis. I was in the hospital for about a week, then my parents took me home in a wheel chair. The doctors had given me up, but the Mother Superior in the hospital told my mother, "All the physicians have given your daughter up, but the greatest physician of all has not. Turn to Him in prayer."

I was taken home and put to bed. I tried each day to walk, but my legs were very weak. Then came a day when I stayed in bed altogether. Mom brought her ironing and stayed very close to me. During the time I was in bed I was placed on the bed pan frequently. One morning early I had the radio on. I was unable to talk very well, but Mom could make out my word to be "Unity." She said, "Yes, I must write to Unity." She did, and a neighbor mailed the letter to you. An hour later

I tried to say that I wanted to go to the bathroom. Mom said she would put me on the bed pan, but I said, "No, I want to walk." Walk I did. It took a long time to get there, but I am walking, talking, and seeing God's beauty today.

I went back to school on October 24, 1949. Everyone was glad to see me but were trying very hard to believe that I was all right. It took a while, but everything came back.

During the time I was ill, Mom spent hours reading God's beautiful words from the Bible, *Unity*, *DAILY WORD*, and everything.

I graduated this past June from the Printing Department of Girls Trade High School in W——. I was able to run presses, become the editor of the school paper. I sang in the church choir and also taught Sunday school this past year. I am now working and I am what is known as a copyholder. I hope some day to be a proofreader or commercial artist. I enjoy both types of work.

I owe all my good fortune to our heavenly Father and to my dear parents who worked and prayed along with me, and to the prayers of all our friends and you people out there. May He who watches over us bless you and keep you.

B. J.

P. S. I have no sign of multiple sclerosis whatever. I am in perfect health, both mental and physical.

Friend, I Forgive You

KATHARINE BROOKMAN

FRIEND, I forgive you freely and fully. I rest content in the knowledge that God knows how things are with you, dear friend, just as He knows all about me. All my feelings toward you are peaceful now.

I know that God is at work in you to bring you the light you need, as He is at work in me to make me more understanding. However, I do not wait for perfect understanding to be developed in either of us. I forgive you now.

I now break the sequence of hurtful cause and unhappy effect in your life by forgiving you, in the name of Jesus Christ, thus erasing your deed and its consequences for you and for me. For did He not say, "Whose soever sins ye forgive, they are forgiven unto them?"

I pray and affirm that you are receptive and obedient to the gentle promptings of the spirit of love within you—the very same prayer I would have you pray for me.

As "deep calleth unto deep," Christ love expressing through me must surely call forth Christ love in you.

This is my prayer and my faith.

The Continual Unfoldment

MARTHA SMOCK

ARE YOU UNCERTAIN in your approach to life? Do you doubt your own powers and abilities, your own worth? An uncertain, a doubtful state of mind keeps us from expressing our true self, it keeps us from growing through our experiences, from gaining all the joy and all the good that life holds for us.

Sometimes we have a negative outlook on life without realizing it. A man suddenly discovered that for years he had had a negative approach to life. No one was more surprised at the discovery than he, and no one is benefiting more from this discovery than he is from the change in his own thoughts. Where before he had thought that it was inevitable for him to fail, now he began to think: "Why should I fail? I have the power of God within me. I have a good mind. I have everything I need to succeed!" Where before he had thought of himself as being weak and rather sickly, now he began to think: "I am not really weak. I am strong. I am filled with powerful life. I am alive with the life of God!"

Sometimes we have lived with weak, uncertain negative thoughts for so long that we do not

realize that we have it within our power to change these thoughts from uncertain ones to strong, true, life-giving ones!

From the letters we receive at Unity, we learn more clearly every day that Truth is not something that is revealed in one white blinding light, but rather it is something that is a continual unfoldment. Truth is a way of life.

Persons take on spirituality little by little. They learn every day in everyday ways what it means to be children of God, what it means to be sure of God's love, what it means to be divinely guided in all their ways.

So it is with the overcoming of self-doubt and uncertainty. No matter how long we have felt unsure of ourself, no matter how long we have compared ourself unfavorably with our fellows, we can begin now, today, to take a step toward self-confidence, toward the putting on of the new man, the man who knows his divine worth and who is able to express his divine powers and abilities.

Like the man who discovered that his was a negative approach to life, we can begin to watch our reactions to things in general. What is our usual reaction to the things in everyday life? An answer to this will give us a clue to where our thinking needs to be changed.

When a decision is before us, do we make it to the best of our ability? Or do we evade making it as long as possible, and then let someone else make it?

Today, if some decision arises, and you have been in the habit of putting off the making of decisions, make your beginning. Make a decision. It will be a step in the right direction.

If you are a person who at the first sign of some physical symptom thinks that he is coming down with a serious illness or disease, change this thought. Tell yourself that you are one with the life of God, that your body is His perfect temple, that you are not subject to disease. Part of perfect health is a free and easy state of mind, which is not possible when one is fearful and apprehensive about himself.

If you look at the monthly bills and invariably think that there will not be enough money to go around, if you worry about finances, if you let yourself feel defeated and unhappy, begin now, today, to change your thoughts. When you think about your bills, affirm that there is plenty to meet every need. Affirm that you have wisdom and good judgment so that you know how to handle your affairs. Spend the energy you have been giving to worry on constructive thought about your finances, and you will be given new ideas as to

how to build up a more prosperous state of affairs.

What we think, what we are affects us inwardly and outwardly. We cannot be negative in our reactions to life and expect positive results. We cannot feel uncertain and hopeless and at the same time live victoriously.

We can always, at any time, begin to change. It is never too late, for negative ideas are never so powerful as positive ones. When we begin to change our thought about ourself, we find that the old fears go quickly. This is because no matter how long we have thought in negative terms, always there has been within us a self that has been waiting to be expressed, the God self of us, the self that knows itself to be the fearless, free, all-conquering child of God.

Recurrent Miracle

RUTH HARWOOD

We sing to ease our sorrow
Or the hunger in our heart,
And this becomes the magic
And the miracle of art;

That even in the utterance
The hunger is assuaged,
And in the very singing
The captive is uncaged!

FEBRUARY 1

Thursday

THIS IS THE DAY THE LORD HAS MADE. I
WILL REJOICE AND BE GLAD IN IT.

HEAVENLY Father, I rejoice in this day and
give thanks to Thee for all my blessings.
Everywhere I look, everywhere I turn my
thoughts, I am aware of some wonderful good-
ness that Thy love has given me. I realize with
joy that I am truly Thy child, that Thou lovest
me with an inexhaustible love.

Just to be alive, O Father, is a blessing! To
have Thy Spirit itself for my life and being is
joy beyond compare. To know that Thy Spirit also
lives in all others awakens in me a feeling of
wonderful closeness to them.

Father, Thou hast given me so much to be
thankful for—nature and its beauties, music,
comforts, friends, security, Thy loving presence!
Out of the fullness of my heart I would give of
myself to Thee.

I will rejoice and be glad this day, dear Lord;
I will sing songs of praise; I will serve Thee with
my whole heart.

*This is the day which Jehovah hath made;
We will rejoice and be glad in it.*

—PSALMS 118:24.

I LET THE SPIRIT OF GOD DIRECT ME, AND MY LIFE IS BLESSED AND TRANSFORMED.

ONE OF the great lessons Jesus taught is that we cannot escape difficulty by running away from it. The responsibilities and problems of life can be met and overcome when we have faith in the Spirit of God within to direct us. Life is an advance, never a retreat.

The Spirit in Jesus transformed what seemed to be defeat into victory. It transformed every apparent evil into good, and the Spirit in you can do as much for you. Every good thing in the Father's kingdom is ready for those who overcome. Every seeming trouble can be transformed into a blessing.

The way of Spirit is the way of release and transformation. Christ is the living Spirit within you, God's gift of salvation from every kind of trouble. Through the Christ in you, you can go forward without fear. You can meet every situation in life with faith and courage.

Your whole life is transformed, as you let the Spirit of God direct you.

✿ *Be ye transformed by the renewing of your mind.*
—ROM. 12:2.

THERE IS NO CONDITION IN MY LIFE THAT
CAN KEEP ME IN BONDAGE, FOR I AM FREE
WITH THE FREEDOM OF SPIRIT.

MANY PERSONS feel in bondage to some habit that they themselves do not approve of, but they think of it as something over which they have no control. Such persons need to realize that they are children of God, that within them is the strength and power to overcome every form of bondage or limitation.

Through prayer we contact the power that is greater than ourself. Through prayer we open our heart and mind to God and find the strength to successfully cope with the circumstances and conditions of our life.

Prayer awakens the spirit within us that lifts us out of feelings of despair and hopelessness and helps us to realize that as children of God all things are possible to us, that in truth we are free with the freedom of Spirit.

There is nothing that we cannot overcome when we realize that God's power is within us, for nothing is impossible with Him.

♣ *Ye shall know the truth, and the truth shall make you free.*—JOHN 8:32.

THE CHRIST PRESENCE IS ALWAYS WITH ME.

CHRIST IS NOT only the Saviour of mankind, but He is also the friend of mankind. Christ is the friend of all. He never leaves your side for a single moment. Day and night He watches over you and stands ready to help you whenever you turn in thought to Him.

As Saint Patrick declared: Christ is above you, Christ is beneath you, Christ is before you, Christ is behind you, Christ is on your right side, Christ is on your left side. His healing, resurrecting presence infolds you, and you rest secure in His love forevermore.

But most wonderful of all, Christ is within you! His Spirit is the life within your body. His Spirit is the wisdom in your mind. He lives within you, the perfection of your being, and ever He unfolds His love in you and through you and out into the world.

The Christ presence is always with you, your Saviour, your friend, your guide, your protection, your very life.

✿ *I have called you friends; for all things that I heard from my Father I have made known unto you.*—JOHN 15:15.

I SEE MYSELF AS A SPIRITUAL BEING, DIVINELY
ENDOWED WITH POWERS AND ABILITIES.

IF EVER YOU are fearful about taking part in the activities of life about you, or if you hesitate to meet new people or have new experiences, you are not thinking of yourself in the true way. You are thinking of yourself as less than you are.

Everyone has had experiences that have made him doubt his powers or underestimate his worth, but no one should allow himself to continue in the throes of these misgivings.

In order to be free from the self-doubt and false evaluation that make you fearful and hesitant, you need to learn to think of yourself in the light of your spiritual potentialities. God has endowed you with qualities of mind and heart which make you necessary and important.

When you see yourself as a spiritual being, divinely endowed with powers and abilities, you will be able to stand fearless in life and to adjust yourself happily to other persons and to all conditions.

♣ *There are diversities of workings, but the same God, who worketh all things in all.*—I COR. 12:6.

"BLESS THE LORD, O MY SOUL: AND ALL THAT IS WITHIN ME, *BLESS HIS HOLY NAME.*"

WHEN I say, "Bless the LORD, O my soul: and all that is within me, *bless his holy name,*" I think about what "all that is within me" means. It means more than my thoughts, more than my spirit, more than my soul. It means all these, and it means, too, the very substance of my body. I say to the minutest cell "Bless the LORD!" When all that is within me—not only the thoughts of my mind but the flesh of my body—blesses the Lord, I feel an awakening and quickening of new life in every part. Like a current of electricity the life flows through me. I know that I am renewed, I know that I am healed, I know that I am eternally alive!

If ever I feel discouraged, if I do not feel alert, alive, and enthusiastic, I take these words as my meditation.

"Bless the Lord, O my soul; and all that is within me, *bless his holy name!*"

As I meditate on this I feel every part of me responding. I feel radiantly alive.

✻ *Bless the LORD, O my soul: and all that is within me.*—PSALMS 103:1.

I TRUST IN GOD TO GUIDE ME TO MY RIGHT PLACE OF EMPLOYMENT AND TO BLESS ME WITH HAPPINESS, SUCCESS, AND PROSPERITY.

IF YOU ARE seeking employment, you may be sure that God will guide you to your right place, as you turn to Him for guidance. Meditate on the thought for today. This will help you to become receptive to His guiding light within. You will know the right steps to take toward finding your good; you will see new ways opening before you, where before there has seemed no way.

As you go forth, remember that God knows your desire for happiness, success, and prosperity. He knows your willingness to give of your talents and abilities, and He will guide and direct you to the place where you may best serve.

It may be that you feel very young and inexperienced, or it may be that you feel that your age is a barrier to your right employment. But regardless of your years, God needs you in His world.

*If they hearken and serve him,
They shall spend their days in prosperity.*

—JOB 36:11.

Thursday

FEBRUARY 8

MY GOOD IS READY FOR ME THIS VERY
MOMENT.

IT IS REASSURING to think of ourselves as children of God. "Beloved, now are we children of God." We do not have to wait until tomorrow or next week or next year to have the good we desire. We do not have to wait until circumstances are different or until the time is more auspicious in order to be happy.

"Now are we children of God." God is all the good there is, and you are a child of God right now. God is with you this very moment. As you read these words, God is with you. As you turn to your work or whatever confronts you, God is with you.

Every good thing is ready for you now. You can find it and have it by keeping your thoughts on God and by seeing the good in everything. You can free yourself from depressing thoughts of lack or limitation or inharmony by thinking of God's limitless abundance and by knowing that His love is within you now.

Your good is ready for your acceptance.

♣ *Beloved, now are we children of God, and it is not yet made manifest what we shall be.—I JOHN 3:2.*

THY LOVE FORGIVES AND TRANSFORMS ME.

IT IS GOOD to be honest with ourself, to admit our mistakes, and to resolve, with God's help, to do better. Such a state of mind dissolves stubborn pride and willfulness and makes us receptive to the Father's forgiving love. God is always ready to forgive us, no matter what our mistakes, but we must be completely willing for Him to take over our entire being, so that He may transform all our ways, so that we may truly become His image.

We need not suffer the consequences of past mistakes if we are willing to dedicate our life henceforth to Spirit. If we surrender our will to Him, we shall be guided to say and do that which will heal the hurts we have brought about. We shall be given opportunity to redeem ourself with righteous activity and loving service.

The surest way to heal the past and to find forgiveness is to live close to God in the present moment, to give expression to His love and power in thought, word, and deed.

✽ *Lord, teach us to pray . . . And forgive us our sins; for we ourselves also forgive every one that is indebted to us.*—LUKE 11:1, 4.

MY HEART MAKES ITS OWN WEATHER.

ONE POET has said, "My heart makes its own weather." The heart does indeed make its own weather.

A heart that is dedicated to the enjoyment of life can find enjoyment on a rainy day as well as on a sunshiny day. A heart that is dedicated to the wonder of life can find interest and meaning on an unpleasant day as well as on a pleasant day.

Our spirits are affected by fluctuations in the weather until we learn that our joy is dependent on the atmosphere of the heart, not on the atmosphere of the outside world.

If you awaken to a day with weather different than you had hoped for, remind yourself that your heart makes its own weather. Remind yourself that God's Spirit lives in your heart and that from this Spirit flow the ideas, the energy, the appreciation that enable you to enjoy life in any kind of weather. Remind yourself that it is your heart that determines whether you spend the day feeling blue and disgruntled or whether you enter into the day with plans and expectancy.

♣ *As he thinketh in his heart, so is he.*—PROV. 23:7.
(A. V.).

I PRAISE GOD THIS DAY, FOR HE LIGHTS MY WAY AND FILLS MY LIFE WITH HIS GOOD.

“**W**E PRAISE Thee, O God,
For the Spirit of light,
That has shown us Thy goodness
And scattered our night.”

Let a song of praise fill your heart today. Praise God for His abiding Spirit of light and goodness. Praise God for the blessings you can see, and praise Him for all the good that is as yet unrevealed to you.

Praise God for the air you breathe; praise Him for life and strength and faith. Praise Him for all the ways in which He has blessed you; praise Him for the new life that lies ahead of you.

As you lift your heart and mind with thoughts of praise, doubt and fear leave you. Like the darkness that disappears with the coming of the light, any thought or feeling that has depressed you disappears as you fill your mind with the light of praise. A spirit of praise reveals the good at hand, and it illumines the way to new joys and blessings.

Take courage. Sing a song of praise.

• *Give thanks unto Jehovah.*—PSALMS 118:1.



Communion

ELIZABETH LANDEWEER

I thought my heart was cold and dead,
But when I called on God for love,
A wondrous feast of love was spread
With bread and wine sent from above.

The empty chalice that I held
Brimmed with a sudden joyous shock:
Straight from the heart of God love welled—
Lo, here was honey from the rock,

And here was meat and drink indeed,
A tree of life I had not known;
I felt my famished being feed,
I felt renewed in flesh and bone.

A secret far too good to keep
Blossoms softly now from earth and sky
Life is a lamp whose wick drinks deep
Of deathless love—I shall not die.

O depths beneath! O heights above!
Thou lovest me—I am Thy love!



Monday

FEBRUARY 12

I TRUST IN GOD TO ESTABLISH PEACE IN MY
LIFE AND IN THE WORLD.

YOU MAY wonder what you can do to help bring forth peace in the world. One thing you can do is to maintain a peaceful mind and a happy, trusting, faithful heart.

Remember the assurance, "Thou wilt keep *him* in perfect peace, *whose* mind is stayed on thee; because he trusteth in thee."

A mind stayed on God is a mind free from worry or fear. As you keep your heart and mind stayed on God, you are established in peace, and the power of God flows through you as a benediction of peace to others.

Faith in the goodness of God will keep you relaxed and poised at all times. Faith in the goodness of God will enable you to look beyond appearances and to realize that God is in charge of the universe, that His love will not fail us, that His creation cannot be destroyed.

Trust in God with all your heart to establish peace in your own life and affairs and in national and international affairs.

✿ *And I will give peace in the land, and ye shall lie down, and none shall make you afraid.—LEV. 26:6.*

I HAVE FAITH IN MY GOD-GIVEN POWERS.

THE REAL satisfactions in living come through the releasing of our inner powers. If we retreat from responsibility, we are depriving ourself of the very thing our soul is seeking—satisfaction. It is in the process of accepting and handling responsibility that we become aware of our God-given powers.

Confidence and courage come with a knowledge of our God-given powers. As we willingly and generously meet the demands of life, we become ever more aware of the greatness of the inner resources we have to depend upon.

Just as stored-up wealth has no productive value until it is released into circulation, our spiritual powers have no productive value to us or to the world we live in until we release them through our thought and effort.

If you want to feel that you have a more substantial part in life, look about you for a responsibility that you can assume. Do not burden yourself unduly, but ask more of yourself than you have asked before.

♣ *Now therefore perform the doing of it.—II COR. 8:11 (A. V.).*

Wednesday

FEBRUARY 14

GOD'S PERFECT LOVE BRINGS HARMONY INTO
MY LIFE.

GOD'S LOVE is the greatest power in the world. It is the power within that helps us to overcome all difficulties, brave all dangers, and meet the challenges of life without fear.

God's love is His perfect gift to us and transcends all other love, crowning our life with sweetness, lifting us up to a realm above strife and turmoil.

Today I will keep my heart filled with God's love, and I will let it flow out to others, lightening their burdens, giving them calmness and courage. I know that His eternal love is ever abundant, flowing freely, transforming my life.

I rejoice in God's love, knowing that He cares for me and guides me tenderly in the way of life. His encircling love is my protection night and day.

Dear loving Father, I thank Thee that Thy love is manifested in my life from day to day. I rejoice in all my blessings.

♣ *God is love; and he that abideth in love abideth in God.*—I JOHN 4:16.

MY FAITH IS IN GOD'S PERFECT SPIRIT WITHIN ME. THIS SPIRIT GIVES ME THE INSIGHT AND GUIDANCE I NEED TO BUILD A NEW LIFE.

MY FAITH is in God's Spirit within me. I know that it is from the complete and boundless Spirit that I receive the insight and guidance I need to build a courageous, fulfilling life.

I do not fear life. I know that whatever I have to meet, God's Spirit will inspire me and guide me in all my ways.

I approach each day with faith in God's Spirit within me. If my faith wavers, I turn from the demands of life to God's Spirit in prayer. I give myself time and opportunity to feel His strengthening love and His guiding wisdom. I know I can build anew.

I know that through the effort of building, even in the face of difficulties and obstacles, I will know the deep joys and satisfactions life has to give.

My faith is in God's Spirit within me. This Spirit gives me the insight and guidance I need to build a new life.

* *God is our refuge and strength.*—PSALMS 46:1.

Friday

FEBRUARY 16

THROUGH THE POWER OF GOD IN ME, I AM
LIFTED UP IN HEART, MIND, AND SPIRIT.

YOU CANNOT touch God with your thought without being lifted up into a higher consciousness. His power within you is mighty to resurrect you out of old beliefs. His power lifts you from the swirling mental and emotional waters and sets your entire being on higher ground.

You do not have to raise yourself with your own mental effort. You do not have to lift yourself with your own thoughts and affirmations. Rather, your thoughts and prayers and affirmations are the means by which you reach inward to the Spirit. As you quietly affirm His omnipresence, His power, His transforming Spirit at work in your life, your consciousness is lifted to the heights.

Regardless of mental turmoil, relax in Him, and He will lift you up, He will bring peace to your mind, He will bring joy to your soul.

*From the end of the earth will I call unto thee, when
my heart is overwhelmed:
Lead me to the rock that is higher than I.*

—PSALMS 61:2.

GOD'S SPIRIT WITHIN ME BLESSES MY
THOUGHTS AND EMOTIONS WITH PEACE,
AND I RADIATE PEACE TO EVERYONE.

SOMETIMES when things go wrong, unless we are close to Spirit in thought, we lose our temper and impulsively say or do things for which we are immediately sorry. We do not have to give in to such impulsiveness. No matter how long we may have had such a habit, we can do something about it, we can overcome it with the help of God.

God is love; He is understanding; He is tolerance. When we give God control of our consciousness, we learn to be self-controlled, to be perfectly poised under all circumstances and all provocations.

Our thoughts and words have an effect in our own life and in the lives of those about us. As we think and speak and act from the spirit of love rather than let our emotions control us, we have happier relations with others, we find things going much more smoothly in our life.

As children of God our mission is to express God and to let His love flow through us.

• *Walk in love.*—EPH. 5:2.

THE FULL PRESENCE OF GOD IS EVERYWHERE
I AM.

DO YOU know that the full presence of God is with you? Not the partial presence, but the full presence? Do you know that all His protecting love is infolding you now? Do you know that all His power is right at hand to serve you now? Do you know that His Spirit, which can supply all your needs, is within you this very minute as you read these words? If you have not believed this before, relax yourself for a moment and reread the foregoing questions with calm deliberation until an inward peace overshadows your entire being and assures you that this is so. For it is absolutely true. You are literally immersed in God's presence. No matter how things appear, if you relax, become calm, and think of His presence right where you are, the healing light of Spirit will stream forth upon your being from within and from without. The answer is within you now. The way is within you now.

The full presence of God is everywhere that you are.

☛ *I am in my Father, and ye in me, and I in you.*—JOHN 14:20.

I TURN TO GOD IN PRAYER, AND HIS LOVE
LIFTS MY HEART TO FAITH AND COURAGE.

IF YOU HAVE developed the habit of feeling that people do not like you, that life is a struggle, that happiness never comes, you need to train yourself in affirmative thought about yourself and about life.

A negative thought atmosphere clouds your whole world so that you cannot see yourself or life in a clear, true perspective.

When you realize that people are reaching out for what you have to give, that life is meant to be enjoyed, that happiness comes through meeting life with faith and courage, you are taking an affirmative attitude. What seemed dreary and meaningless before takes on exhilarating new hues. What seemed a struggle before becomes a purposeful challenge. People and circumstances you turned from in fear and dejection before become interesting associations and experiences.

For a more affirmative attitude toward life, turn to God in prayer. Prayer lifts the clouds from a negative mind and discloses the wonders locked up in itself.

♣ *Be renewed in the spirit of your mind.*—EPH. 4:23.

Tuesday

FEBRUARY 20

THE LIGHT OF SPIRIT ILLUMINES MY MIND,
AND I AM GLORIFIED IN MY UNDERSTAND-
ING.—UNITY ILLUMINATION THOUGHT.

DURING LENT our thought is directed to the life of our Lord and Saviour Jesus Christ. As students of Truth we consider the experiences of Jesus in their deeper spiritual meaning, namely as representing spiritual experiences that we undergo in attaining oneness with God.

If we are observing the outer rites and ceremonies traditionally associated with Lent, they will have a deeper and richer meaning for us when we understand their spiritual significance.

The light of Spirit will illumine our mind and glorify our understanding of Jesus, who became the triumphant, resurrected Christ.

We shall see that the experiences of Jesus were all steps toward the one goal of His ministry: to show that man can triumph over every adverse experience and that in the full stature of his spiritual nature man can and will attain Christhood and overcome even the last enemy, death.

✿ *Because I live, ye shall live also. In that day ye shall know that I am in my Father, and ye in me, and I in you.*
—JOHN 14:19.

I HAVE UNBOUNDED FAITH IN OMNIPRESENT SPIRITUAL SUBSTANCE, NOW INCREASING AND MULTIPLYING AS I SPEAK THE WORD OF PLENTY.—UNITY PROSPERITY THOUGHT.

IN HER BOOK *Lessons in Truth*, H. Emilie Cady says that God is substance, that this substance is omnipresent, that it is responsive to our thoughts and words. Our prosperity thought embodies a declaration of our faith in the omnipresent spiritual substance.

A small amount of faith will produce surprising results when it is put to use. We can hardly conceive the effect that unbounded faith can have, how greatly it can increase and multiply spiritual substance in our life and affairs.

Through faith we speak the word of plenty. What is the word of plenty? It is any affirmative prayer that embodies our faith in substance and its power to increase and multiply our good.

Speak the word of plenty now. Declare your unbounded faith in spiritual substance.

* Now faith is assurance of things hoped for, a conviction of things not seen. . . . By faith we understand that the worlds have been framed by the word of God.

—HEB. 11:1, 3.

Thursday

FEBRUARY 22

THE PURE SUBSTANCE AND LIFE OF SPIRIT ARE NOW CLEANSING AND RENEWING MY SOUL AND BODY, AND I AM HEALED.—UNITY HEALING THOUGHT.

WHAT WAS the secret of Jesus' mighty works of healing?

It was in His power to see the pure substance and life of Spirit that is within each man, that is perfect in essence and can be called forth into perfect manifestation.

Mind, soul, and body will respond to the healing word when it is spoken in faith, and our own recognition of the healing power within us will lift us out of any belief in disease.

The substance and life of Spirit are ready to do the bidding of anyone who will call them into activity through speaking the healing word.

As you declare the healing word, this substance and life are released throughout your being. They cleanse and renew you in mind and body. They stir new life in you. You are filled with new strength, energy, and unbounded vitality. You are healed!

☛ *Then shall thy light break forth as the morning, and thy healing shall spring forth speedily.—ISA. 58:8.*

GOD BLESS YOU.

GOD BLESS you. You who live next door to me and all your household, God bless you and fill your lives with peace, joy, and love. God bless you, stranger on the street, you who pass by me, God bless you on your way and fill your path with sunshine.

God bless you, clerks in every store for all the service that you give; God fill your heart with patient peace through all the busy hours. God bless you, laborers in the street, servants in the home, soldiers in the service, for you are all His children and in His loving care.

God bless you, leaders in world affairs and guide your steps with wisdom. God bless you who govern all the lands. God bless every one in all this earth with peace, happiness, and well-being.

Father, I thank You for the power to bless others, for in opening my heart to them, Your light streams forth and reveals Your presence there.

* *Let love of brethren continue. Forget not to show love unto strangers: for thereby some have entertained angels unawares.*—HEB. 13:1, 2.

Saturday

FEBRUARY 24

I NO LONGER FEAR LIFE OR HESITATE TO
SEEK THE FULFILLMENT GOD MEANS FOR ME
TO HAVE.

HAVE YOU been hurt or disappointed to a degree that you are afraid to reach out again for happiness? Are you afraid to trust life to be beneficent and fulfilling?

It is true that in our desire to love we may give our heart to one who rejects us or disappoints us. But we still have the ability to love. And there are still those in life who want what we have to give. Why not seek for those instead of withdrawing into ourself in hurt and disappointment?

It is true that every effort we make is not rewarded with success, that there are instances in which life seems unjust. But if we retire from life, if we feel that effort is futile, we shall not know joy and fulfillment.

In order to live fully, to claim God's goodness, we must have the courage to believe, the courage to seek, the courage to reach out. Right in the midst of the less desirable aspects of life are joy and fulfillment for the heart that will seek them.

☛ *Seek, and ye shall find.*—MATT. 7:7.

THE SPIRIT WITHIN ME SHINES THROUGH
EVERY DARKNESS AND LIGHTS THE PATH TO
MY HAPPINESS.

THE SPIRIT within you is master of all things, giving you "beauty for ashes," releasing you from pain, and delivering you from every ill. Through the power of Spirit, you are freed from fear and given wisdom to move onward.

The Spirit within you is bright and shines forever. No cloud can ever dim it, no storm can shut it out. It shines where you are right now. It shines through every darkness and lights the path to your happiness.

Claim the power of the Spirit within today by knowing that the Father has set His light of Truth within you. It illumines your whole way of life. You need never fear the darkness, for the light "which lighteth every man, coming into the world" is within you.

You will feel a joyous quickening force in body and mind and an exultation of spirit that will make every phase of life more beautiful.

♣ *There was the true light, even the light which lighteth every man, coming into the world.—JOHN 1:9.*

Monday

FEBRUARY 26

THIS ONE THING I DO: I KEEP MY MIND
CENTERED IN GOD.

ONE REASON why our prayers are not answered more quickly is that we do not keep our mind centered in God but let our thoughts dwell on our apparent problems.

We have the power to discipline our thoughts. The moment our imagination begins to suggest fearful pictures to our mind's eye, we need to quietly but immediately say to ourself. "This is not true," and to fill our mind again with the realization of God's loving care and guidance.

It is not always easy to keep our thoughts from drifting into negative channels. We need to guard against the temptation to be upset or alarmed by gossip, by radio reports, by newspaper headlines; we need to guard against the temptation to indulge in daydreams or phantasies.

We need not be tense in our effort to keep our mind centered in God. Each time we bring our attention back to the Truth, back to God, we find it easier to keep it there, we find that negation has less power to disturb us.

♣ *Watch ye therefore, and pray always.*—LUKE 21:36 (A.V.).

GOD'S LAW OF JUSTICE GOVERNS MY LIFE
AND AFFAIRS, AND I TRUST IN HIM TO GUIDE
ME IN ALL MY DEALINGS WITH OTHERS.

IF YOU HAVE an appearance of injustice to meet in your life and affairs, you need to rely on God's law of justice and to know that His law is unfailing. Even though to appearances it may seem that you are being mistreated by another person, you can know that God's law never fails. Your faith in His law and your trust in His guidance will bring about that which is right, just, and orderly.

Are you as fair and just in your dealings with others as you want them to be toward you? Do you always remember to consider another person's feelings, as you want yours to be considered? This is important, for God's law of justice works both ways—through you toward others, through others toward you. As you seek understanding, God reveals the way of divine justice to you. Be willing to set aside personal feeling in regard to your affairs and to trust in Him to bring forth order and justice.

36 ♣ *I will sing of lovingkindness and justice.*—PSALMS
101:1.

I HAVE FAITH IN THE HEALING POWER OF GOD THAT IS CONSTANTLY FLOWING THROUGH MY BODY, RENEWING AND RESTORING ME TO WHOLENESS.

OUR LESSON for today is on faith, for faith is essential to the maintenance of health and wholeness in the body. If we always had firm faith in the healing power of God, which is within us, we should be radiantly alive and healthy.

We may stir up our faith by giving conscious thought every day to the life-giving power that is within us.

We need to affirm often that it is the healing power of God that keeps us strong and well. The healing power of God constantly flows through our body, enabling us to establish and maintain perfection and wholeness at all times.

Let us have faith in God's life, love, and power. Let us give thanks for the spirit of faith that God has given us, through which we lay hold of and claim the wholeness that is our divine birthright. Let us give thanks that right now God's healing life is flowing through us.

✿ *Thy faith hath made thee whole.*—MARK 5:34.

This Month IN UNITY

Lenten Reading for Advanced Truth Students

Participants in the Unity Lenten program will receive much additional enlightenment through adding to their Lenten reading the book **MYS-TERIES OF JOHN**, by Charles Fillmore. Here is a new presentation of the Gospel according to one of Jesus' closest followers, given a broader, more thought-provoking meaning by Mr. Fillmore's interpretation.

MYS-TERIES OF JOHN is a standard Unity book that you will want to turn to often, as you seek to increase your knowledge of Truth. **MYS-TERIES OF JOHN** may be purchased from your local Unity center or direct from Unity headquarters.

To Combat "Juvenile Delinquency"

Would you like to have a share in combating "juvenile delinquency" by helping young people to find the Truth way of living? Because you are a Truth student, we are sure that you



would like to help. And it is possible for you to do so. Take the following into consideration:

More and more, authorities are realizing that so-called "delinquency" does not have its base in environmental difficulties but in emotional problems. As a Truth student, you will hardly underestimate the value of early Truth training as a stabilizing influence that could, and would, help to curb juvenile delinquency if more young people could be reached by the Truth teachings.



Because we felt this need on the part of young people, we are now publishing **YOU**, a Truth magazine for teen-agers. The material for this monthly periodical is carefully chosen both for its high entertainment value and the inspiration it gives the young reader who needs "something to steer by."

We ask your help in introducing Truth to the young people of your acquaintance through gift subscriptions for **YOU** magazine on special occasions such as birthdays, graduations, and others that will occur to you. The subscription rate for **YOU** is just \$1 a year—a real investment in the future mental and emotional security of the nation's youth.

Plan to Take Part

Lent begins early this year—February 7—and you are cordially invited to observe it the Unity way by reading and studying with us the Unity book **TEACH US TO PRAY**. For further details, see the announcement on the inside back cover of this issue of **DAILY WORD**.



"Unity Viewpoint" Adds New Station

With the recent addition of Radio Station KXOA, Sacramento, California, to the list of stations broadcasting the Unity radio program "Unity Viewpoint," this program is now being heard regularly by over 3,000,000 people. Write to us for a free list of the more than 30 stations over which "Unity Viewpoint" may be heard.

If there is not a station near you broadcasting "Unity Viewpoint," send for the Unity \$1 book, *Favorite Unity Radio Talks*. This book contains twenty-seven of the most popular radio scripts used on "Unity Viewpoint" in past months. Each script requires less than fifteen minutes reading time.



A SPECIAL VALENTINE

for a Special Child



Here is a valentine that will bring hours of happiness to that special child who is close to your heart.

WEE WISDOM, Unity's magazine for children 5 to 13 years of age, contains a wealth of material that will give much pleasure to any little girl or boy, as well as very defi-

nite help in his spiritual unfoldment. The material in WEE WISDOM will teach the child, through active participation, to make the best use of his creative talents and to make the right adjustments to life.

WEE WISDOM is colorfully illustrated and provides things to draw, things to color, and things to make, as well as poems and special columns for stamp collectors and budding young writers.

Published monthly, WEE WISDOM is \$2 a year—and an ideal "valentine" for your own or someone else's child. Valentine's Day gift subscriptions will begin with the February issue.

UNITY School of Christianity
Lee's Summit, Mo.

Proclaim the Joy of Easter



Make Easter a time of happy inspiration and renewal of spiritual joy this year by sending your friends Unity Greeting Booklets. Designed to take the place of a greeting card, each Unity Greeting Booklet comes with a decorative Easter mailing envelope requiring only one-and-one-half cents postage. New this year is the booklet

THE GIFT OF IMMORTALITY

By Alice M. Hopkins

Because each of the three chapters of this booklet has appeared previously in *Weekly Unity* and has been a source of inspiration and blessing to many, **THE GIFT OF IMMORTALITY** will be especially interesting and helpful to those you wish to remember with a greeting at the Easter season.

Each of the greeting booklets listed below has a message of faith, renewed courage, and loving obedience to God. They are nominally priced: 10 cents each, 12 for \$1.

- | | |
|----------------------------------|------------------------------------|
| 1. <i>Daily Resurrections</i> | 7. <i>The Good News</i> |
| 2. <i>Preparation for Easter</i> | 8. <i>Where I Am King</i> |
| 3. <i>The Song of Life</i> | 9. <i>The Protecting Presence</i> |
| 4. <i>The Land Is Bright</i> | 10. <i>The Mental Equivalent</i> |
| 5. <i>To Them That Ask</i> | 11. <i>Recipes for Living</i> |
| 6. <i>Be at Peace</i> | 12. <i>The Gift of Immortality</i> |

Send for your booklets now so that you will have time to mail them to your friends for Easter.

UNITY School of Christianity, Lee's Summit, Mo.

FAITH SOLVES THE PROBLEM

Faith is the key to the solution of every problem, even the problem of lack. If you feel that you lack some of the blessings you desire, perhaps it is because you need more faith in God as your source of supply.

As a guide to you in acquiring more faith through prayer, Unity suggests the Prosperity Bank drill, a plan of daily prayer and realization of the presence and power of God in one's life. Part of the Bank plan is blessing a coin each day and placing it in the Bank as evidence of your faith in God's supply. The amount saved in the Bank by the time you complete the prayer drill may be used to pay for gift subscriptions for **DAILY WORD** for your friends, thus sharing your good with others and attracting good in return.

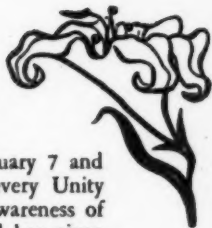
Unity School of Christianity, Lee's Summit, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save \$3 for the three **DAILY WORD** subscriptions (one year each) listed below:

1. Name _____
Street _____
City _____ State _____
 2. Name _____
Street _____
City _____ State _____
 3. Name _____
Street _____
City _____ State _____
- SENDER'S NAME** _____
Street _____
City _____ State _____

Please indicate postal zone number, if cities are so divided. D-2-99

Observe Lent *the Unity Way!*



The Lenten season beginning February 7 and ending March 25 is greeted by every Unity student as a time to increase his awareness of the abundant, eternal life that God has given His children. For guidance in this Lenten program, Unity recommends the book

TEACH US TO PRAY

By Charles and Cora Fillmore

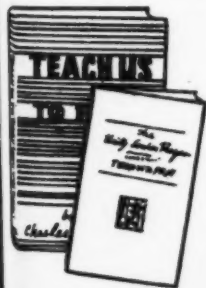
This Unity book can help you gain dominion over your world. It points the way to scientific prayer—the kind of prayer that inspires you to a full realization of the power that is in you.

Join the thousands of other Unity students this year in observing Lent the Unity way. You need only provide yourself with a copy of the book **TEACH US TO PRAY**, and a copy of the booklet *The Unity Lenten Program*, which contains suggestions for the constructive reading of **TEACH US TO PRAY**. If you already have a copy of the book, the booklet will be sent to you free upon request.

TEACH US TO PRAY is a standard Unity book, price \$1.

**UNITY SCHOOL
OF CHRISTIANITY**

LEE'S SUMMIT, MO.





Homeward

JAMES DILLET FREEMAN

Home the shepherd and the sheep

Come at evening from the hill,

Through a silence kind and deep,

Full of shadows soft and still.

Still and soft and deep and kind

The gentle blessing of a prayer

Falls like evening on the mind.

Homeward from the hills of care

Now my thoughts return like sheep.

I shall pray and pray until

Peace comes dropping down like sleep,

And I am home, and I am still.

